

## Warming Socks

Warming socks, formerly known as wet socks, is a wonderful and effective treatment for any condition where there is congestion and heat in the head and upper body. The thought of putting on cold, wet socks seems quite awful, but once you have them on with the dry socks you will feel relaxed and enjoy the treatment.

### What conditions are warming socks used for?

- sprains, strains, pain, inflammation of feet/ankles
- fever
- headaches/migraines
- ear infections
- sore throats
- nasal congestion
- upper respiratory infections
- coughs/colds
- bronchitis
- sinus infections

Warming socks are best done before going to bed, leaving them on while sleeping. It's an especially effective and easy treatment for children during naptime too. This treatment works best if repeated for three nights in a row, or as instructed specifically for you.

### Materials:

Pair of medium weight 100% cotton socks  
Pair of thick 100% wool socks  
Possibly: Warm bath or warm footbath & Towel



### Directions:

1. Make sure your feet are warm before applying treatment. If they are not, warm your feet first. This is very important as the treatment will not be as effective and could be harmful if your feet are not warmed first. Warming can be accomplished by soaking your feet in warm water for at least 5- 10 minutes or taking a warm bath for 5- 10 minutes. Dry off feet and body with a dry towel.
2. Soak cotton socks in icy cold water, wring out well and put on feet.
3. Put heavy wool socks over the wet socks, being sure that the dry wool socks cover all of the wet cotton socks.
4. Leave on overnight (or remove when cotton socks are dry).

### Effects of the Warming Sock Treatment:

This treatment acts to reflexively increase the circulation and decrease congestion in the upper respiratory passages, head, and throat. It has a sedating action and many patients report that they sleep much better during the treatment. This treatment is also effective for pain relief and increases the healing response during acute infections.